

SUMMER SQUASH

FNH-005611

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Nutrition and Health

Summer squash contains a good supply of vitamins A and C. A ½-cup serving of diced squash provides 15 calories.

Selection

Select the smallest, firmest, glossiest squash. Select squash that is heavy for its size. There should not be soft spots or blemishes.

Storage

Store in plastic bags in the refrigerator crisper. (Cut small slits in bags for ventilation.)

Preparation

Summer squash is frequently cooked in simple ways, such as frying or simmering in its own juices in a covered pan with butter, salt and brown sugar.

Squash can be canned or frozen, whichever your family prefers.

To can: Wash squash and cut into cubes. Add to a saucepan of boiling water; boil 2 minutes. Pack hot squash into clean, hot canning jars with boiling liquid and leave 1 inch headspace. Seal with prepared lids. Process at 11 pounds pressure for 55 minutes for pints and 90 minutes for quarts.

To freeze: You should choose young squash with tender skin. Wash, slice, scald 3 minutes. Chill in cold water to stop cooking action, drain well and package in labeled packages.

When ready to cook, wash and scrub well with a brush; cut off stem and blossom ends, but do not peel. Slice or dice. Cook covered in ½ to 1 inch boiling salted water until tender, 8 to 10 minutes. Drain, season with salt, pepper and butter or margarine.

Recipes

Skillet Vegetable Medley

2 tablespoons vegetable oil	½ teaspoon powdered mustard
1 tablespoon cider vinegar	½ pound green beans
1 tablespoon Worcestershire sauce	½ pound mushrooms
1½ teaspoons sugar	2 medium squash, sliced
1½ teaspoons salt	2 medium tomatoes, cut in wedges
1½ teaspoons oregano	

In a large skillet, combine vegetable oil, vinegar, Worcestershire sauce, sugar, salt, oregano and mustard. Bring to boil and add beans. Return to boiling point; reduce heat. Cover and simmer for 5 minutes. Add mushrooms and squash. Cover and simmer for 3 minutes. Add tomatoes. Cover and simmer for 1 minute. Serve hot.

Squash and Hamburger Casserole

2 pounds squash	¼–½ pound processed cheese
1 pound hamburger	1 can cream of mushroom soup
1 onion, chopped	
1 clove garlic, smashed	

Cook squash for 10 minutes. Brown hamburger, onion and garlic. Add cheese, soup and squash. Mix well. Put in a medium-size casserole dish and cover with cracker crumbs. Bake at 325°F for one hour.

Zucchini Salad

1 pound zucchini	1 tablespoon vegetable oil
salt	dash of oregano
1 cup yogurt	1 garlic clove, crushed
Juice of one lemon	½ teaspoon sugar
dash finely chopped dill	dash of pepper

Peel squash and slice in thin slices. Toss with enough salt to cover zucchini. Let stand 15 minutes. Drain. Marinate squash slices with the rest of ingredients.

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